

DINNERLY



 HEALTHY

Jamaican Chicken and Beans with Lime and Apple Slaw

 20-30 minutes  2 Servings

Escape the winter blues and bring the sunny Caribbean into your kitchen with this chilli-spiced jerk chicken. Honey-sweetened black beans and a zingy lime slaw are the perfect accompaniments.

WHAT WE SEND

• 1,6,17

WHAT YOU NEED

- Australian honey
- olive oil

TOOLS

- fine grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 505kcal, Fat 17.5g, Carbs 29.3g, Proteins 48.0g



1. Marinate chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Season generously with **salt and pepper**, then coat in **1 tbs jerk seasoning** (the remaining seasoning won't be used in this dish). Set aside to marinate.



2. Prep ingredients

Finely shred the **cabbage**. Cut **half the apple** (the remaining apple won't be used in this dish) into thin matchsticks (see Kitchen hack). Finely grate the zest and juice **half the lime**, then cut the **remaining lime** into wedges. Put the cabbage, apple, **lime zest, juice** and **1 tbs olive oil** in a large bowl, season with **salt and pepper** and toss well to combine.



3. Pan-fry chicken

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Meanwhile, drain and rinse the **beans**. Remove the **chicken** from the pan and rest for 3 mins.



4. Cook beans

Return the pan to medium-high heat. Add the **beans, 2 tsp honey** and **1½ tbs water**, season with **salt and pepper** and cook, stirring, for 3 mins or until warmed through and thickened. Remove the pan from the heat.




5. Serve up

Slice the **chicken**. Divide the **chicken, beans, slaw** and **lime wedges** among plates and enjoy.



6. Kitchen hack

Here's an easy way to cut an apple into matchsticks: quarter the apple, remove the cores, then thinly slice. Stack the slices and cut into matchsticks.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **60%**
Australian ingredients